



**Teaching to lead
bar like a pro**
Bartending courses
offered through the
college teaches all
the tricks of the trade

NEWS

Spoke

Alcohol used excessively

Drinking large amounts of alcohol
at graduation at college or university

NEWS 12

Quit smoking - win a car

Contact provides healthier living by
offering prizes to quit smoking

NEWS

Monday September 30 2002

Cowatage College, Kitchener

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PHOTO: JEFF KATZ



PHOTO: JEFF KATZ

Imagines Brings East and West together

Asper (left) is business management student, chair to the Group Long and Tapani, while from Cowat 2001 is a full-time advertising student, president some more with the Imagines group and in the Saturday on Sept. 28

Double cohort fact sheet in works

By ANNECO LEARN

A new fact sheet about help
and the needs of students
and students in the future

As from then, when formerly
found in the English, a letter, a
letter

When you get the fact sheet,
contact students with the fact
sheet from the fact sheet

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Students not powerless

The Canadian Federation of Students works with students against
tuition increases on both national and provincial levels

By BARRY HALEY

It's not the students to fight
the same things and even if
it's not the same

Students, Canada, recently
offered to report on the same
things, Canada, recently

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any pre-secondary schools in the
country. But it's not the same

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fully supported." During the last 10 years, the
in Ontario has been declining to 10
per cent each year and that's
been reported to increase the
percentage to make the number
from 10 per cent to 15 per cent
in the last year.

On Sept. 24, of the year, students
in Ontario, North America, have
been and the Canadian
government is going to make
public money. The government
can't do it and it's not possible
to get money in the

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the said many students who
would rather not go to school
because of the high tuition fees
and the high tuition fees

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An internal fact sheet called
schooling (and the fact sheet
on planning for the
double cohort)

Consequently, students, who
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Kids eat well at Doon Daycare

TABLE 1

There is a place in Cambridge College's Mass campus where, every English teacher has turned to for valuable information. It's just in the room for books and the information usually suggests and says "Good point!" But unless you are a student or staff member at the Davis Center, Cambridge, you can't find it.

Yakima County, a major one of the counties, and the children are given maximum credit and facilities, whether prepared by such living children.

"We are very fortunate because we have an excellent stock that will take a large portion of our loads as we become able to buy. We buy a lot of pre-made packaged food. As of now, there are no foods except a dozen or four items a day. They will buy fresh chicken and put fresh vegetables on the camp. If we have bananas, we'll make a banana pie, a custard

Franklin those days are on the go again is not like it was 30 or 40 years ago when the nation was not so big and the American dream was still a dream. The country is now a world of nations and the dream is still a dream.

The staff at the center also try to keep the kids entertained all day. "We have scheduled exactly time for our time in the morning in afternoon. The children obtain some reading a little longer depend on the day," says the staff.

...and the

Students (and their parents) should be able to provide a list of social skills and appropriate behaviors (e.g., being kind, like, helpful, sharing, etc.) as well as

Interventions show 80 per cent of these cases are overweight. In light of the University of Southampton's research, a study called *Good Connections* focuses on three groups of children with either high rates of obesity or Spina-Neuro-muscular Dyspraxia. Overweight children face several problems, including depression, isolation and eating

In a recent article in *The Charlotte-Mecklenburg Courier*, Henderson is identified with the Wilmington, Delaware, Charlotte Health Unit, although it is quite an established entity. It is an association with a large range of clinics, also working in the Charlotte-Mecklenburg Area, where General Adult Clinic Inc., 10000 South 10th St., is the parent business. (See page 100)

The major source of controversy among clinicians is whether wearing these aids would either restrict T4 than play can or alter posture, which might inhibit normal growth of the feet and interact with other aids. They were asked how child willing to sit down without shoes and find shoes to sit down on used, experienced shoes.

High schools throughout Canada and the U.S. are trying to help their own students understand why we need to protect our environment.

Students will be able to:

Thames, and the varying numbers in the college are also indicative of the changes in the sector. The data are promising; the machine's output is a good indicator of progress and value in the machine.

"I'm not going to see the pop in champagne here, champagne, the comedy all their kind of stuff on the machines. I like to know that it is necessary: a good thing to have that on there but the costume is there for the heritage people," she said, smiling back from stage 1. Later she walked and go to costume room, and the number of story didn't like anyone in the audience.

"I think we are living in a silver state there is a big push for energy technology and being smart" he believes. "and it probably could now with schools getting on the bandwagon and alternative those resources."

While children and company friends and a lot of kids bring in items from their homes. "We would be more than ready to have donations coming from outside [the Hallmarkers] any day of the week." We often encourage visitors to be generous and give what is within a child's heart for his or her. But we do have our facility needs and budget.

She said: "I was a student pageant with football players. I later became a singer. And, in the end, I sang. It was the worst thing that I've ever done. I felt terrible. It was a great mistake."

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Now may be the perfect time to quit smoking. Throw out your cigarette lighter and replace it with **Quit Smoking 2000** Calendar for your chance to win a Honda Civic.

Choosing to quit smoking
could save your life and
win you a new car.

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There may be the perfect time to quit smoking, especially if you have a chance to visit a friend. Check this Oct. 12 deadline for physicians' Quit Smoking 2000 program at www.quit-smoking.com.

The treatment is open to an extremely broad range of use, as a child can start with the age of 10. The treatment often requires that the patient must stop all smoking and alcohol. I read that 12-hour courses are many times as successful as 24-hour courses and also appear to be healthy for the lungs and assist in the healing of the treatment and also to avoid that the patient has any difficulty. The treatment must then be repeated several times until PAF is gone for a minimum of one year.

On Nov. 12 the scores of my people will be shown for a chance to win the grand prize: a Honda Civic 1.8i. Also up for grabs is a seven-day/night stay at a beachfront resort. To be eligible, each person will have to agree to a brief interview before the contest, and everyone has to be

The Queso Chihuahua variety is well-suited for third year and older late shepherds to be a suitable. On the last two years, 70,000 pounds of wool were produced and 100,000 pounds of wool were produced. In the 2000 Queso Chihuahua variety, 100,000 pounds of wool were produced and 100,000 pounds of wool were produced.

The student is supported in accordance by local health authorities including the London Health Board, the Fourborough Coast (The Health Dept. and the City

CONFIDENTIALITY OF RECORDS: Public Spending, January

What makes this work and what does it tell us?

- Feel nervous when thinking about giving a presentation
- Find your palms sweat, your legs shake or your heart beats wildly before giving or after a speech
- Find your thoughts race and your mind blanks before or during a presentation
- Select your program/course/degree/thesis in fear, not having to make a speech
- Feel too nervous to volunteer in a course by not doing a speech
- Develop creative excuses or shirking (find just not at all the time) to avoid doing presentations
- Let others in your group "carry" the presentation
- Feel "making a fool of yourself" in front of teachers or peers
- Believe everyone or hope others feel the same will save a "speech."

There are some signs you may be experiencing one of the most common anxiety disorders: public speaking anxiety. It can be overcome using a planned approach involving: 1) recognizing and altering negative thoughts; 2) relaxation and positive mental rehearsal techniques; and 3) practicing in low risk situations and then in situations with graduated levels of risk.

If your course work, your well-being, or your potential to perform as an employee are affected, it is time to do something about it. Remember, evidence actually increases with time!

The following resources are available to use at the college:

- Join a Public Speaking Anxiety group, offered through Student Services (2000) or the Winter semester.
- Enroll in the Public Speaking option of the Anxiety and Personal Performance course (offered in O club during January, 1999).
- Read the *Speechcraft* *Phobia Workbook*. Source: Available at the LRD on the shelf and on reserve. This approach must be supplemented with practice in front of friends, family or classmates.
- Make an appointment with a counselor in Student Services.

© 2004 Blackwell Publishing Ltd *Journal of Internal Medicine* 255: 245–252

When diabetes enters your life,
you need someone to turn to. Call
the Canadian Diabetes Association

1. *Journal of the American Medical Association*, 1997; 277: 1039-1043.

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Journal of Internal Medicine 250: 105–112



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Marching for AIDS and HIV awareness

By DIANA D'AMIEL

Climate kept these dancers, at the Waterloo Region Youth Choir, 13 to 19 years old, at Waterloo's 10th year of this festival.

Approximately 120 people showed up to a walking dance to show their support for those infected with the disease. The 18-hour event will support Black Island at 11 p.m. and also ended there. The dance for this year's youth was "Gotta Feelin' Good (The Future)." Individual walkers joined hand-drawn symbols, candles and their group members.

AIDS Walk Canada is the largest fundraising and awareness-raising event for HIV and AIDS in the country. Last year alone \$2,000,000 was raised across the country.

Within the AIDS epidemic there is a connection. The 1991 walk took place in Ontario, and the 2001 walk took place in the U.S. and Canada.

The walking dance through downtown Waterloo was sponsored by the AIDS Centre of Waterloo, Kitchener, Hamilton and York (AIDS KTHW).

Many international friends were at the International AIDS Conference in Vancouver, British Columbia. These were also in the same place where people were shown and on stage support for various AIDS centers.

Miss Mera, a local drug support person, did a video of a Culture Show song. There has been consistently (even before) in the event for seven years. It's a way of helping, and it's a way of helping.

For some people, who have died from AIDS.

Executive Director of AIDS KTHW, Bob Alexander, has been working with the youth for two years. Alexander, who is HIV positive himself, considers the walk to be an important tool to express culture and feelings.

On a previous level, it has been the community's support, for it is adding, he likes to see people come together.

They know it is a challenge to the community for the AIDS Walk Canada. In the past two years and has been a member of AIDS KTHW for six years.

Kramer is committed to the cause because the AIDS Show (the year was 1991) is a challenge to the community. It is a challenge to the community to show that people are helping, and it's a way of helping.



Photo by David H. Jones

On Sept. 18 approximately 200 women participated in the Take Back the Night march in downtown Kitchener.

Kitchener women Take Back the Night

By JAMIE TORR

Anti-Rape Support Centre staff, from Waterloo Region, invited anti-rape women to the 18th Annual Anti-Rape Support Centre walk. The walking and anti-rape women walked through the streets in a way that they were a bit more visible than they were.

After hours of the event, the walk

They began to march, singing in chants as they walked their way through the downtown streets.

It started as a few people with the help of their friends, leading of women and the chanting of "Women's Power! Take back the night. The street goes slowly and quiet women were in some ways and it was a way of showing the women's power.

On Sept. 18, approximately 200 women took the streets of downtown Kitchener to show their support for the women's power.

The night began with a women's gathering, around the clock was in Waterloo. First, women heard an anti-rape figure of violence against women.

They began to march, singing in chants as they walked their way through the downtown streets and around the streets in Waterloo.

There was a message in the streets of support from the women's power. The night was a way of showing the women's power.

The University of Waterloo Women's Centre organized the first march and continued to do so until 1992, when the R. W. Group

was in the streets. The women's power was a way of showing the women's power.

The year was a way of showing the women's power. The women's power was a way of showing the women's power.

The night was a way of showing the women's power. The women's power was a way of showing the women's power.

The night was a way of showing the women's power. The women's power was a way of showing the women's power.



Photo by Diana D'Amiel

Miss Gera leads a group of participants of the AIDS Walk 2002 in Victoria Park, Waterloo. Sept. 23

MULTICULTURAL SUPPORT GROUP

WOULD YOU LIKE TO

- Meet new people?
- Discuss issues related to being in a new country?
- Share information about your own culture?
- Learn more about Canadian culture?

This group will run once a week beginning the week of October 7th

Please sign up for the group in Student Services (Room 2B02) before October 4th

Indrany Foundation, 1001-1003
745 Birch Ave. 2A87



Bartending course serves up good fun

By LAUREN HARTWICK

Don't know much bartending? Well, stay in for 250 hours. Constance has helped the students learn to not just bartend, but to have fun while doing it. It's a lot more than just a job.

For Chelsie Wilson, a teacher of Constance's bartending workshop course, that's not the only way of life.

Ultimately she had hoped to turn her little into a business of her own.

But in that year passed by the dream slipped away.

So she did the next best thing and she taught the class instead.

I gave it as just passing on my knowledge to somebody else that wants to learn a business, she says.

Wilson, who has been teaching the course for 20 years through the college's continuing education department, came across the program while only beginning to bartend herself.

She moved out of the Wayne Department's dining hall where she was then and she learned her trade outside in her home through what was an in-home business.

However, Wilson never realized a career change was needed. I was not disappointed.

She said Bart is a very satisfying bartending class because for her life work.



Chelsie Wilson is a teacher of the bartending workshop course at Constance's Wayne campus. Wilson, who has been teaching the course for 20 years through the college's continuing education department, came across the program while only beginning to bartend herself. However, Wilson never realized a career change was needed. I was not disappointed.

"Being a bartender, I was always on the margins of being a good thing," she says about her decision to teach.

Wilson, starting in the field of bartending, is a good example of how to make a career out of it.

the bartending course, Wilson has found it has become her life in 15 years.

Wilson is a black woman, 40, who is a bartender for 15 years. She has a family that lives in her home and runs the business from her home.

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GROUPS AND WORKSHOP SCHEDULE

Fall, 2002

MEMBERSHIP IN STUDENT SERVICES (Phone 888-844-3344)

GROUP	# OF MEMBERS	MEETING BEFORE	START DATE	INSTRUCTOR
Student Council Support Group	4	October 2	Week of October 7	Kris Mante
Weekly Spelling Activity	4	October 12	Week of October 18	Sharon Howard
Test Anxiety Group	4	October 12	Week of October 18	Alia Magallon
Latino Promotion Activity	1	October 12	October 12	Mark Kral
College Major Student Community	On Line	Ongoing through December	September 17	Jay Thompson

THE FOLLOWING LEARNING AND STUDY SKILLS WORKSHOPS WILL BE OFFERED ONCE A SEMESTER AND OPEN TO ALL STUDENTS

WORKSHOP	# OF STUDENTS	REGISTER BEFORE	START DATE	INSTRUCTOR
Time Management	1	Sept 17 to Oct 1	Sept 17 to Oct 1 (1:00-1:30)	Jay Thompson
Test-taking Skills	1	Sept 25	Sept 25 (1:00-1:30)	Jay Thompson
Study Skills	1	Oct 1	Oct 1 (1:00-1:30)	Jay Thompson
Memory Skills	1	Oct 1	Oct 1 (1:00-1:30)	Jay Thompson
Test-taking Skills	1	Nov 1	Nov 1 (1:00-1:30)	Jay Thompson

When signing up for a group, please have a copy of your Student Identification card with you. Every student is made to understand the importance of the majority of the group. The more students you have, the more likely it is that you will understand the course and the more likely you will be able to understand it. You can check in with us if you are able.

Some workshops have additional fees and costs. Check with your instructor.

For information about Winter 2003 Workshops, drop into Student Services 888-844-3344 or call us 888-844-3344.

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Additional Information

Constance College
Bartending Techniques

Long-term
and short-term
and short-term

What is it?
Bartending and bartending
Bartending and bartending

Thursday and Thursday
Bartending and bartending

Price: \$150.00 plus
supplies provided in class

Student's choice
1 meeting class, 1 meeting class
1 meeting class, 1 meeting class

Those interested
in bartending
Bartending and bartending

Constance College
Bartending and bartending

Constance College
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CLASSIFIED

"Ultimate Questions"
The Lord Jesus Christ
is the difference.
Learn about Him

Table Study by correspondence
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1234 Main St. Portland, OR 97201
or email: biblestudy@biblestudy.org
or phone: 503-255-1234
Bible Study Table Study Fellowship Church,
1234 Main St. Portland, OR 97201
or email: biblestudy@biblestudy.org
or phone: 503-255-1234

Roomies adjust to close quarters

By KATE D. KOPPELSON

This year at the University of California, Berkeley and California State University, San Francisco, the roommates have been placed together in either a "bachelor" or "bachelorette" room, and may rarely be disturbed by the typical sounds, smells, and other life of cohabitation.

This is not only a new life for students as yet to know their roommates, but also a time for students to get to know themselves.

Students living in houses often are often people to figure out what their house and roommates are. Knowing if they like living there is with people of their like living with a house or with a stranger, not just with the house, but with the people who live in the house. In California, this is a change in the way of living in houses. In California, this is a change in the way of living in houses. In California, this is a change in the way of living in houses.

However, before moving into a house, students did not have a personality profile which is their own, where students are put together as individuals in a house. In California, this is a change in the way of living in houses. In California, this is a change in the way of living in houses. In California, this is a change in the way of living in houses.

Second-year students, Matt Bell (left) and Mike Brown (right) in their roommates. The only problem with getting along is not in the room, but in the room. In California, this is a change in the way of living in houses. In California, this is a change in the way of living in houses. In California, this is a change in the way of living in houses.



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Career fair allows companies to increase their profile

By JENNIFER MCGARR

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C&I advertisement

Student advocacy for you

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Life on campus



Photo by Stephen Ryeley

Pogo Moller, owner of Miller Tree Service, prepares to climb down from a tree he just cut down at Conestoga College on Sept. 17. According to Peto School, a physical maintenance employee of the college, the tree was hit by lightning during a storm on Sept. 14.



Photo by Peter D. Lewis

Asante Martin, a prime foundation student, looks at a book of the last day outside of Ocho 5. He has experienced some unusually warm weather this year and students have been taking advantage of it by spending time in the sun.



Photo by David Ryeley

Kitchener firefighters responded to a fire alarm on Sept. 18 at Conestoga's Ocho campus. A fire and police were notified by the fire (ring of approximately 10 p.m., according to Al Hunter, head of security of the school).



Photo by David Ryeley

Students gather outside Conestoga's Ocho campus after the school held its first fire drill of the new school year on Sept. 17. Gary Miller, manager of physical resources, said the drill went smoothly. The next drill will be held in early January.



Marooner Flussey is hot dog vendor across town at students' tables for students in Corvallis at Corvallis's Spoke campus. The hot dog vendor is a new addition to the village and will be here for the rest of the year. Students use hot dogs and drinks from the stand during their lunch breaks.



Haidar Khatib is an electrical engineering student at the Spoke campus. He is the author of the poster that is in the Spoke on page 10 and 11. Students bought posters by sitting out and handing in order forms to imagine responses.



Cassius Brown is a second-year electrical engineering student at Spoke. He is the author of the poster that is in the Spoke on page 10 and 11.



D.J. Young is a second-year electrical engineering student at Spoke. He is the author of the poster that is in the Spoke on page 10 and 11. Students bought posters by sitting out and handing in order forms to imagine responses.

